

# KIDS COOKING

## LESSONS

### BREAKFAST SHOPPING LIST

#### SCRAMBLED EGGS & OVEN BACON

2 Tbsp butter or olive oil  
12 eggs  
Salt and pepper  
12 slices bacon

#### BAKED OATMEAL

2 eggs  
2 tsp vanilla extract  
1/2 cup brown sugar  
1 tsp baking powder  
2 tsp cinnamon  
1/2 tsp salt  
1 1/2 cups rolled oats  
1 1/2 cups quick cooking oats  
1 1/4 cups milk  
1/4 cup canola oil  
Milk, cream or yogurt for serving  
Fresh fruit, for topping

#### FRENCH TOAST

6 eggs  
3/4 cup milk  
2 tsp vanilla  
1 tsp cinnamon  
12 slices whole wheat bread  
Butter, for serving  
Powdered Sugar or syrup, for serving



#### OVERNIGHT GRANOLA

1/2 cup canola oil or melted butter  
2/3 cup honey  
1 tsp vanilla  
2 1/2 cups quick cooking oats  
2 1/2 cups rolled oats  
1 Tbsp cinnamon  
1/2 tsp ground ginger  
1 cup chopped nuts  
Milk or yogurt, for serving  
Fresh fruit, for topping

#### SAUSAGE & HASH BROWN QUICHE

1 refrigerated pie crust  
1 cup frozen shredded hash brown potatoes  
1 lb. breakfast sausage  
2 cups shredded sharp cheddar cheese  
3 eggs  
1 1/4 cup milk  
4 tablespoons butter, melted  
3/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/8 teaspoon ground mustard (optional)

